

*MOSTLY*

MADE

**WITH**

FRUIT



*MOSTLY*

MADE

WITH

FRUIT

COMPILED FROM THE MEMBERS OF SAN DIEGO  
NORTH COUNTY CHAPTER OF CALIFORNIA RARE FRUIT  
GROWERS

EDITION 2  
MARCH 21, 2014



# INTRODUCTION

Edition 2

In this February 2014 edition the new recipes added have an \* after the title.

In future editions all new recipes added to that edition will have an \* at the end of the title.

Thank you to all members who contributed recipes to both editions.

We welcome recipes from everyone. This cookbook is a work in progress. More contributors will help create a cookbook with exciting gastronomic experiences or just good eats for all of us.

Eloise Lau and Dan Kinnard  
editors

2014

# INTRODUCTION

Edition 1

We are very fortunate in San Diego County to live in the mildest climate zones in the country. We in North County live in Sunset climate Zones 20-24. Zones 20-21 are our mildest zones that still get sufficient chill for chill needing plants. Zone 22 is our coastal climate with mild temperatures. Zone 23 is the best zone for sub-tropicals and Zone 24, with a mild marine climate, has mild winters and cool summers. Our members are able to grow a great variety of fruit and we do.

In a group whose interests are growing all varieties of fruit, our other major activity seems to be eating this fruit. We have had wonderful tasting sessions at our meetings and great potlucks with delicious, creative dishes.

We are a diverse group from countries around the world and these recipes reflect the diversity and individuality of our members.

Some of the recipes are exacting and others are for using whatever is on hand. Either way you will find interesting and yummy creations using all that fruit that you have worked so hard to grow.

Eloise Lau, editor

2012

# TABLE OF CONTENTS

\* = new for this edition

<b>APRICOT</b>	<b>13</b>
<b>APRICOT JAM</b>	<b>14</b>
<b>APRICOT BARS WITH ORANGE BUTTER CREAM FROSTING*</b>	<b>15</b>
<b>CHERIMOYA</b>	<b>17</b>
<b>CHERIMOYA BROWNIES</b>	<b>18</b>
<b>CHERIMOYA CUPCAKES</b>	<b>20</b>
<b>CHERIMOYA GELATO</b>	<b>22</b>
<b>FIG</b>	<b>23</b>
<b>FRESH FIG &amp; WALNUT BREAD*</b>	<b>24</b>
<b>FRESH FIG PIE</b>	<b>25</b>
<b>GUAVA</b>	<b>27</b>
<b>JIM FOBEL'S GUAVA &amp; PASSION FRUIT TRIFLE*</b>	<b>28</b>
<b>GUAVA CATSUP</b>	<b>33</b>
<b>GUAVA CHIFFON PIE</b>	<b>34</b>
<b>GUAVA HONEY</b>	<b>35</b>

<b>KIWI</b>	<b>37</b>
<b>KIWI-ORANGE POPPY SEED SALAD</b>	<b>38</b>
<b>KUMQUAT</b>	<b>39</b>
<b>KUMQUAT MARMALADE</b>	<b>40</b>
<b>KUMQUAT- RHUBARB SAUCE</b>	<b>41</b>
<b>LEMON</b>	<b>43</b>
<b>LEMON SQUARES</b>	<b>44</b>
<b>MANGO</b>	<b>45</b>
<b>MANGO CREAM PIE</b>	<b>46</b>
<b>PAPAYA</b>	<b>47</b>
<b>PAPAYA BEEF</b>	<b>49</b>
<b>PASSION FRUIT</b>	<b>51</b>
<b>COCONUT TART WITH PASSION FRUIT CREAM</b>	<b>52</b>
<b>PASSION FRUIT CHIFFON PIE</b>	<b>54</b>
<b>PASSION FRUIT CURD</b>	<b>55</b>
<b>PEACH</b>	<b>57</b>
<b>BEST PEACH CRISP</b>	<b>58</b>

<b>COOKING-STORM CHUTNEY MEATLOAF *</b>	<b>59</b>
<b>CURRIED PEACH AND GINGER CHUTNEY</b>	<b>60</b>
<b>PEACH CHUTNEY*</b>	<b>62</b>
<b>PEGGY'S WHOLE PEACH PIE*</b>	<b>63</b>
<b>PERSIMMON</b>	<b>65</b>
<b>BOW TIE PASTA W/CHICKEN</b>	<b>66</b>
<b>CALIFORNIA COMPOSED FUYU SALAD</b>	<b>67</b>
<b>THE EMPEROR'S SALAD</b>	<b>68</b>
<b>FUYU BUNDT CAKE</b>	<b>69</b>
<b>MEMA'S PERSIMMON COOKIES</b>	<b>70</b>
<b>PERSIMMON AND SCALLOPS</b>	<b>71</b>
<b>PERSIMMON CHUTNEY</b>	<b>72</b>
<b>PERSIMMON PECAN PIE</b>	<b>73</b>
<b>PERSIMMON PECAN PIE</b>	<b>74</b>
<b>PERSIMMON PUDDING</b>	<b>75</b>
<b>PERSIMMON SALAD DRESSING</b>	<b>78</b>
<b>TIPS FOR DRYING WHOLE FUYU PERSIMMONS</b>	<b>79</b>
<b>PLUM/PRUNE</b>	<b>83</b>
<b>CHOCOLATE FUDGE BROWNIES</b>	<b>84</b>

<b>PLUM CRUMBLE</b>	<b>85</b>
<b>SONJA'S PLUM CRISP</b>	<b>86</b>
<b>PUMPKIN</b>	<b>87</b>
<b>PUMPKIN BREAD PUDDING</b>	<b>88</b>
<b>PUMPKIN PRALINE CHEESECAKE</b>	<b>90</b>
<b>TANGERINE</b>	<b>93</b>
<b>TANGERINE CREAM PUDDING</b>	<b>94</b>
<b>VARIOUS FRUITS &amp; NUTS</b>	<b>95</b>
<b>ALMOND FRUIT TART</b>	<b>96</b>
<b>AMBROSIA</b>	<b>98</b>
<b>CAROB PIE (RAW) *</b>	<b>99</b>
<b>CHRISTMAS STOLLEN WITH ALMOND PASTE</b>	<b>100</b>
<b>FRESH FRUIT SORBET</b>	<b>102</b>
<b>FRUIT COBBLER</b>	<b>104</b>
<b>MACADAMIA NUT PIE*</b>	<b>105</b>
<b>POT OF GOLD SALAD</b>	<b>106</b>
<b>REFRIGERATOR GREEN TOMATO PICKLES*</b>	<b>107</b>
<b>RICE CAKE</b>	<b>109</b>

*MOSTLY* MADE *WITH* FRUIT

<b>TOMATO ZUCCHINI FETA BRUSCHETTA*</b>	<b>110</b>
<b>YUZU</b>	<b>111</b>
<b>BAKLAVA FLAVORED WITH YUZU</b>	<b>112</b>
<b>YUZU PIE</b>	<b>115</b>

*MOSTLY* MADE WITH FRUIT

*MOSTLY* MADE *WITH* FRUIT

# APRICOT

# APRICOT JAM

BY ELIE ABUSHANAB

INGREDIENTS

5 pounds ripe apricots with the seeds  
3 pounds sugar

DIRECTIONS

Wash the apricots and cut them up in small pieces.  
Add the sugar and heat gently to a boil.  
Remove and pour the soupy mixture into flat trays and place in the sun for 3-4 days until the right consistency is reached. Stir 3-4 times a day to hasten the process.  
You may want to cover with netting or cheesecloth to keep bugs out.  
Place in canning jars and process in a water bath for 15 minutes.

Note from Elie

The trays must be brought in before they are in a shady area, otherwise the ants will find them.  
Bon appetite

Note from the editor

For those who are interested in more information on sun cooked apricot jam, a search for “sun cooked apricot jam” in the internet will bring up sites with information about this jam tradition.

# APRICOT BARS WITH ORANGE BUTTER CREAM FROSTING\*

BY LINDA VINT

INGREDIENTS

## The Bars

6 ounces	dried apricots
½ cup	butter, softened
2 cups	brown sugar
2	eggs
2 Tablespoons	Grand Marnier
1 Tablespoon	grated orange zest
1 ½ cups	flour
1 teaspoon	baking powder
¼ teaspoon	salt

DIRECTIONS

Preheat oven to 350°F

Place apricots in bowl. Cover with boiling water and let stand for 15 minutes.

Drain apricots well and cut into bite-size pieces. Set aside.

Cream butter with brown sugar. Add eggs, Grand Marnier, and orange zest. Mix thoroughly. Blend in flour, baking powder and salt. Fold in apricots.

Turn mixture into greased 10 x 25 x 1 inch pan.

Bake at 350°F for 20-25 minutes.

Cool before frosting

Continued...

# APRICOT BARS WITH ORANGE BUTTER CREAM FROSTING

(CONTINUED)

INGREDIENTS

## Orange Butter Cream Frosting

2 cups	powdered sugar
4 teaspoons	fresh orange juice
4 teaspoons	fresh lemon juice
4 teaspoons	butter, softened
2 teaspoons	grated orange zest
½ cup	finely chopped toasted walnuts

DIRECTIONS

In a mixing bowl beat the first 5 ingredients until smooth.

Frost the bars and sprinkle with nuts before cutting.

*MOSTLY* MADE *WITH* FRUIT

# CHERIMOYA

# CHERIMOYA BROWNIES

BY CINDY HANSEN

based on a recipe for Chocolate Walnut Flourless Brownies found on a site for bean dessert recipes

INGREDIENTS

well

4 ounces	unsweetened chocolate
½ cup	unsalted organic butter
3 Tablespoons	instant coffee
¼ teaspoon	kosher salt
2 cups	cooked black beans, drained and rinsed
1 large	cherimoya pulp
1 Tablespoon	vanilla extract
4 extra large	eggs
⅓ cup	light agave nectar
2 cups	walnuts, chopped, toasted, and divided

DIRECTIONS

Preheat oven to 325 °F. Line the bottom of a 13 x 9 inch pan with parchment paper. Spray pan and paper with oil.

Put the chocolate and butter in a large, microwave safe bowl and microwave for 1 ½ – 2 minutes and then stir to melt completely. Stir in instant coffee and salt. Mix well. Set aside.

Make sure that your black beans have been well-rinsed and drained. Fit a food processor with a steel blade, add beans, cherimoya, vanilla extract and one egg.

Process on low until completely smooth, about 2 – 3 minutes, scraping down bowl as needed.

Add chocolate mixture and process again until smooth.

(continued.....)

# CHERIMOYA BROWNIES

(CONTINUED)

In a separate bowl, place remaining 3 eggs and beat with electric mixer until light and fluffy, 1 - 2 minutes.

Add agave nectar and mix for another 1 -2 minutes.

Put bean mixture into bowl with eggs and mix on medium until thoroughly incorporated.

Mix in 1 cup chopped walnuts. Pour batter into prepared pan. Top with remaining walnuts.

Bake for 25 – 35 minutes until a toothpick clears the center.

Let brownies cool before cutting them. Store in refrigerator.

## Notes from Cindy

I used a non-stick pan that was oiled on the bottom instead of using parchment paper.

I used Ghiradelli unsweetened chocolate

Sometimes I substitute NuStevia or granulated honey for the agave nectar so the batter will not be as moist

# CHERIMOYA CUPCAKES

BY LAURA FRISK

adapted from Kim Barnouin's Ultimate Everyday Cookbook.

INGREDIENTS

## Cupcake

2 cups	flour (1 cup spelt flour, 1 cup unbleached all-purpose flour or 2 cups unbleached all-purpose flour)
1 teaspoon	baking powder
½ teaspoon	baking soda
½ teaspoon	salt
½ cup	safflower oil (or canola oil or any other light oil)
½ cup	almond milk
1 cup	evaporated cane sugar (organic sugar)
2 teaspoons	vanilla extract
1 teaspoon	almond extract
⅓ cup	silken tofu (the kind packed in water, not the aseptic box) drained and dried a bit with a paper towel
1¼ cup	cherimoya fruit, skinned, seeded, and chopped

## Vegan Buttercream Frosting

2 cups	powdered sugar, sifted
¼ cup	Earth Balance, at room temperature
1½ teaspoons	vanilla extract
2 Tablespoons	almond milk

DIRECTIONS

## Cupcakes

Preheat oven to 325. Line a 12-cup muffin pan with paper liners.

In a large bowl, sift the flour. Add in the baking powder, baking soda, and salt and stir until combined. In a separate bowl, whisk together the oil, almond milk, sugar, and extracts until well combined.

(continued.....)

# CHERIMOYA CUPCAKES

(CONTINUED)

DIRECTIONS

In a Vitamix or blender, puree the tofu and chopped cherimoya fruit until creamy. Add the fruit mixture to the almond milk mixture and mix well. (If your blender doesn't completely cream the fruit and tofu mix, add your almond milk mixture to the blender and blend until creamy.)

Create a well in the dry mixture and pour in the wet ingredients. Stir to combine but do not over mix. Pour the batter into the prepared muffin pan, filling each liner about  $\frac{2}{3}$  full. Bake 20-25 minutes or until a toothpick inserted in the center of the cupcakes comes out clean. Remove from the oven and place on a wire rack to cool completely. Top with Vegan Buttercream Frosting.

## Vegan Buttercream Frosting

Using an electric mixer, beat the sugar and the Earth Balance, about 3 minutes. Slowly add in the vanilla and almond milk and beat until very creamy. Put the frosting in the refrigerator for about 30 minutes or more to firm up a bit before frosting your cupcakes.

### Notes from Laura

The cupcake and frosting recipe is adapted from Kim Barnouin's Ultimate Everyday Cookbook. I used her Strawberry Cupcake revised as a Cherimoya Cupcake. My husband, David, loves cherimoyas so I have been trying to come up with a dessert for him, and this recipe adapted to the fruit easily. I love baking with spelt flour as it is easier to digest than white flour, but because of its low gluten content, it makes a crumbly cake, so I use half spelt and half all purpose flour. This recipe is also dairy free, as David and I are vegan. I prefer to use organic ingredients whenever possible. All the ingredients in my recipe can be bought at Trader Joe's, Sprouts, Whole Foods, and Jimbo's. The cherimoyas come from our trees.



# CHERIMOYA GELATO

BY ELOISE LAU

original recipe from Gelato! Italian Ice Creams, Sorbetti & Granite

INGREDIENTS

1 cup	sugar
1 cup	water
1½ cups	cherimoya pulp
1 cup	heavy cream
1 Tablespoon	limoncello

DIRECTIONS

In a medium saucepan, combine the sugar and water. Cook over medium heat until the sugar has dissolved. Set aside to cool.

In a blender puree the cherimoya pulp. Blend in the sugar syrup and transfer to a bowl. Refrigerate for at least 2 hours or until thoroughly chilled.

In a deep bowl beat the cream until soft peaks form. Fold into the cherimoya mixture with the limoncello. Transfer to an ice cream maker and freeze according to the manufacturer's instructions.

Note from Eloise

I used Pierce Cherimoya which makes a delicious gelato

*MOSTLY* MADE *WITH* FRUIT

# FIG

# FRESH FIG & WALNUT BREAD\*

BY SONJA LONGLEY

INGREDIENTS

3	eggs
2 ½ cups	sugar
2 cups	ripe figs
¾ cup	vegetable oil
3 cups	flour
2 teaspoons	baking soda
1 teaspoon	salt
½ teaspoon	cinnamon
½ cup	buttermilk (yogurt or sour milk)
1 cup	walnuts

DIRECTIONS

Preheat oven to 350°F.  
Makes 2 loaves.

Beat eggs. Add sugar and beat well. Mash the figs. Add figs and vegetable oil. Sift together flour, soda, salt and cinnamon. Add fig mixture alternately with the buttermilk until well combined.  
Chop nuts and fold into mixture.

### Food Processor Directions:

Add eggs and sugar to processor and process until fluffy.  
Add figs and oil and pulse until combined.  
Add nuts and pulse to chop them into mixture.  
In a large bowl sift together flour, soda, salt and cinnamon. Stir in the fig mixture alternately with the buttermilk until well combined.

Bake at 350°F for 1 hour in greased loaf pans.

### Notes from Sonja

Sonja says that it may seem like an alarming amount of sugar but it always tastes great.  
She also likes to use half melted coconut oil and half grape seed oil for the vegetable oil.

# FRESH FIG PIE

BY BOB MEYERS

originally from [www.justfruitrecipes.com](http://www.justfruitrecipes.com)

INGREDIENTS

	pastry for 9" lattice-top pie
¾ cup	brown sugar
¼ teaspoon	ground ginger
3 cups	peeled, sliced fresh figs
3 Tablespoons	lemon juice
2 Tablespoons	unsalted butter
1 Tablespoons	sugar

DIRECTIONS

Combine brown sugar, ginger, figs, and lemon juice. Mix well and pour into pie shell, dot with butter.  
Roll out, cut, and lay on lattice strips. Sprinkle 1 T. sugar over lattice crust.  
Bake at 425 °F for 30 minutes or until golden brown.

Note from Bob

I believe, a tablespoon of tapioca in the fig mixture, would hold the pie together a bit better.

*MOSTLY* MADE *WITH* FRUIT

*MOSTLY* MADE *WITH* FRUIT

# GUAVA

# JIM FOBEL'S GUAVA & PASSION FRUIT TRIFLE\*

BY DAN KINNARD

from Elizabeth Schneider's Uncommon Fruits & Vegetables A Commonsense Guide.

## Trifle

INGREDIENTS

2 dozen	Ladyfingers (recipe follows)
1 ½ cups	Guava puree
5 dozen	tiny Almond macaroons (recipe follows)
Double recipe	Passion Fruit Custard (recipe follows)
1 cup	heavy cream for whipping
3 Tablespoons	confectioners sugar

DIRECTIONS

Place 7 or 8 ladyfingers in the bottom of a trifle dish.

Using ½ cup of the guava puree, drop dabs over the ladyfingers. Arrange about 18 of the macaroons over the puree (save 12 pretty ones for the top. Spread ⅓ of the passion fruit custard over this.

Repeat the steps two more times to make two more layers. Cover and chill at least 3 hours or overnight.

Several hours before serving, whip cream to form soft peaks. Add confectioners sugar and whip until fairly stiff. Spread half smoothly over trifle. Scoop remaining cream into pastry bag fitted with ¼ inch star tip. Pipe 12 mounds around edge. Refrigerate until serving time.

To serve, garnish trifle with remaining macaroons, pushing them into the whipped cream mounds.

Serves 8 - 10.

(continued.....)

# JIM FOBEL'S GUAVA AND PASSION FRUIT TRIFLE

(CONTINUED)

INGREDIENTS		Ladyfingers	
	3	large eggs, separated, at room temperature	
	Pinch	salt	
	1/8 teaspoon	cream of tartar	
	1/2 cup	sugar	
	1 teaspoon	vanilla extract	
	1/2 cup less 1 Tablespoon	sifted flour	
	2 Tablespoons	cornstarch	
	1/2 cup	confectioners sugar	

**DIRECTIONS**

**Ladyfingers**

Preheat oven to 300°F.

Beat whites in large bowl until foamy. Add salt and cream of tartar and beat to form soft peaks. Beat in 1/4 cup sugar, a tablespoon at a time, beating 1 minute after each addition.

Beat yolks in smaller bowl until light; add vanilla and remaining 1/4 cup sugar. Beat until light and thick. Scrape into whites and fold together delicately.

Combine flour and cornstarch in sieve and sprinkle gradually over eggs, folding with rubber spatula. Combine well without deflating.

Scoop half the batter into pastry bag fitted with 1/2 inch plain tube. Piping onto nonstick baking sheet, form evenly spaced biscuits about 3 1/2 inches long and 1 1/4 inches wide. Refill bag and pipe another sheet. Sieve confectioners sugar evenly over tops.

Bake in preheated 300°F oven for 10 minutes. Turn pans front to back and bake 5-8 minutes longer, until pale gold. Turn off heat and let stand 5 minutes.

Cool lady fingers on rack until firmed up and completely cooled.

Makes about 2 dozen ladyfingers.

# JIM FOBEL'S GUAVA AND PASSION FRUIT TRIFLE

(CONTINUED)

INGREDIENTS

## Almond Macaroons

1 cup	whole, unblanched almonds
¾ cup	confectioners sugar
2	large egg whites
Pinch	salt
2 Tablespoons plus 4 teaspoons	sugar
½ teaspoon	almond extract

DIRECTIONS

## Almond Macaroons

Preheat oven to 325°F.

Combine almonds and confectioners sugar in food processor and whirl to very fine texture. Scrape into a bowl.

Beat egg whites and salt in bowl to form soft peaks; beat in 2 tablespoons sugar, one at a time, whipping a minute after each addition. Add almond extract.

Fold almond powder gently and thoroughly into whites with rubber spatula. Scoop into a pastry bag fitted with ½ inch plain tube.

Place cookies about 1 inch in diameter onto baking sheet, leaving ½ inch between them. With wet fingertip smooth top of each. Sprinkle with remaining 4 teaspoons sugar.

Bake in preheated 325°F oven for about 15 minutes or until firm and very pale beige, not brown. Let stand 10 minutes to firm up. Remove from sheet and cool on rack

Makes about 5 dozen cookies.

# JIM FOBEL'S GUAVA AND PASSION FRUIT TRIFLE

(CONTINUED)

INGREDIENTS

## Guava Puree

8 medium guavas (1 pound)  
½ cup sugar  
½ cup dry sherry

DIRECTIONS

## Guava Puree

Trim off ends from guavas; dice fruit (about 3 cups). Combine in small saucepan with sugar and sherry. Bring to a boil over moderate heat.

Cook over low heat, stirring often, until guavas are tender, about 20 minutes.

Transfer mixture to food processor to puree. Force mixture through nonreactive sieve into bowl. Discard seeds. Cool to room temperature for trifle or cover and refrigerate until needed.

Makes about 1 ½ cups.

# JIM FOBEL'S GUAVA AND PASSION FRUIT TRIFLE

(CONTINUED)

## Passion Fruit Custard

INGREDIENTS

1 Tablespoons	cornstarch
2 ½ Tablespoons	sugar
Pinch	salt
1 cup	milk
⅓ cup	Passion fruit juice
1	egg yolk
1 Tablespoon	butter
½ teaspoon	vanilla

## Passion Fruit Custard

Combine cornstarch, sugar and salt in a small saucepan. Gradually blend in 3 tablespoons milk. Add remaining milk. Stir constantly over moderately low heat until mixture thickens. As custard boils, whisk vigorously for 1 minute.

DIRECTIONS

Remove from heat. Whisk in juice, blending completely. Blend yolk in small bowl; gradually whisk in half custard mixture. Scrape back into saucepan and return to low heat. Stir constantly until custard just begins to bubble and heave. Remove from heat at once; stir in butter. Scrape into small bowl.

Add vanilla. Set bowl in another bowl half filled with ice and water. Whisk occasionally until cool. Refrigerate until needed.

Makes 1 ⅓ to 1 ⅔ cups.

This trifle is a favorite at the North County Chapter holiday party. It is delicious luciousness with the exotic tropical flavors of passion fruit and guava.

It is rather labor intensive to make, however you could buy the ladyfingers and baby macaroons at a bakery instead of making them.

You can make the passion fruit custard and guava puree and refrigerate them for a few days. It doesn't take very long to assemble the trifle.

# GUAVA CATSUP

BY DAN KINNARD

From Fruits of Hawaii, originally created the University of Hawaii Agricultural Extension Service

INGREDIENTS

5 medium	onions, finely sliced
¼ cup	water
3 quarts	guava pulp (pulp left from jelly making may be used)
2 large	cloves garlic, finely sliced
5 small	peppers finely chopped (seeds removed or ½ teaspoon ground pepper)
1½ to 2 cups	vinegar
4 teaspoons	ground allspice
3 teaspoons	ground cinnamon
2 teaspoons	ground cloves
6 cups	sugar
1 Tablespoon	salt

Makes 2 ½ quarts

DIRECTIONS

Cook onion in water until soft.

Combine all ingredients and cook for 30 to 40 minutes.

Pour into hot sterilized jars and seal immediately.

Excellent served with meat or avocados.

# GUAVA CHIFFON PIE

BY ELOISE LAU

Found on the WEB at [Flora's Recipe Hideout](#)

INGREDIENTS

- 1 prepared 9 inch pie crust
- 1 envelope unflavored gelatin
- 1 Tablespoon lemon juice
- 4 eggs separated
- 1 cup guava juice
- $\frac{3}{4}$  cup sugar
- few drops red food coloring
- $\frac{1}{8}$  teaspoon cream of tartar
- sweetened whipped cream
- guava slices

DIRECTIONS

Soften gelatin in lemon juice. Set aside.

Combine egg yolks, guava juice and  $\frac{1}{2}$  cup sugar. Add a few drops red food color. Cook and stir over medium heat until mixture thickens. Add gelatin mixture and stir until melted. Cool mixture until it reaches consistence of unbeaten egg whites.

Beat egg whites and cream of tartar together until soft peaks form. Gradually add  $\frac{1}{4}$  cup sugar and beat until stiff peaks form. Fold in gelatin mixture and pour into prepared pastry shell. Chill.

Top with sweetened whipped cream and garnish with guava slices.

## Notes from Eloise

This pie was originally created by The Coco Palms Resort, Kauai, Hawaii. It was published in the Los Angeles Times by Lloyd A. Carver on Jan. 5, 1996

Also delicious in the graham cracker crust found in the Yuzu Pie recipe.

# GUAVA HONEY

BY DAN KINNARD

From Perfect Preserves by Nora Carey

INGREDIENTS

2½ pounds	guavas, unpeeled, stem ends trimmed off
¼ cup	fresh lime juice
2 cups	honey, such as acacia or orange blossom

DIRECTIONS

Thinly slice the guavas and in a preserving pan combine them with the lime juice and ¼ cup water. Bring the mixture to a boil over low heat and simmer for 20 minutes, or until the fruit is softened and nearly all the liquid is evaporated.

Strain the mixture through a fine sieve set over a bowl and discard the seeds. Wipe out the preserving pan; in it combine the strained pulp and the honey. Bring the mixture to a boil.

Ladle the honey into small warm jars and seal.

Process the jars in boiling water bath for 5 minutes.

Let the jars cool completely before checking the seals and storing

Makes 2 ½ cups

Guava honey is nice for spreading on warm scones and as a filling for meringues, and cakes.

Also delicious in a cup of tea.

*MOSTLY* MADE *WITH* FRUIT

*MOSTLY* MADE **WITH** FRUIT

**KIWI**

# KIWI-ORANGE POPPY SEED SALAD

BY LINDA TRUSSELL-- MOONDANCE RANCH  
originally from Betty Crocker Dec. 2003 #203, p.70

INGREDIENTS **Dressing**

½ cup mayonnaise  
⅓ cup sugar  
¼ cup milk  
2 Tablespoons white vinegar  
1 Tablespoon poppy seeds

**Salad**

1 head Romaine lettuce  
2 kiwi peeled and sliced  
½ red onion, thinly sliced  
1 -2 oranges in segments (can substitute  
2 cups fresh raspberries)

DIRECTIONS

**Dressing**

Beat all ingredients in small bowl with wire whisk

**Salad**

Drizzle dressing over salad ingredients

Calories: 225

*MOSTLY* MADE *WITH* FRUIT

# KUMQUAT

# KUMQUAT MARMALADE

BY SONJA LONGLEY

INGREDIENTS

2 pounds	sliced, seeded kumquats
½ cup	lemon juice
1 Tablespoon	butter
1	2-ounce package fruit pectin
6	whole cloves
1	stick cinnamon, broken
9½ cups	sugar
½ cup	brandy (optional)

DIRECTIONS

In a 6-quart kettle combine kumquat slices and enough water to make 7 cups, lemon juice, butter and pectin. Bring to a boil while stirring.

Add cloves, cinnamon and sugar, mixing well. Over high heat, bring to full rolling boil that cannot be stirred down. Boil while stirring 5 minutes. Remove from heat.

Add brandy (optional). Ladle quickly into hot sterilized jars. After a few minutes, turn the jars on their sides to distribute the fruit.

## Notes from Sonja

I slice my kumquats in 4 slices across the long axis of the fruit. In the case of my kumquats all the seeds were in the second slice from the flower end.

Also, the original recipe called for cooking the fruit for one hour.

This recipe came to me from Marie Mullin who was a dear friend and one of the original movers and shakers in our community of Bonsall.

# KUMQUAT- RHUBARB SAUCE

BY VIRGINIA HUETH

INGREDIENTS

4 cups	peeled, (if necessary) Rhubarb cut into ½inch - 1 inch pieces
½ to ¾ cup	sugar
½ cup	water
1 cup	thinly sliced Kumquats (seeds removed)

DIRECTIONS

Put rhubarb, sugar and water in a saucepan.  
Cook over medium heat until sugar dissolves.

Reduce heat and add the kumquats.

Simmer 10 to 15 minutes until sauce slightly thickens.

Tasty over ice cream, or as an accompaniment with ham or turkey.  
Canned cranberry sauce may be added or fresh cranberries with an  
adjustment to sugar.

## Note from Virginia

My story is about the rhubarb, which I have taken from house to house  
with each move.

Originally the rhubarb was from a crown given to me by my father-in-law  
with instructions to learn to make rhubarb pie. Many years and pies later,  
rhubarb is still with me with a few variations.

*MOSTLY* MADE WITH FRUIT

*MOSTLY* MADE *WITH* FRUIT

# LEMON

# LEMON SQUARES

BY EVELYN ROCKOFF, JIM ROCKOFF'S MOM

INGREDIENTS

## Crust

1 cup (½ lb) butter  
½ cup powdered sugar  
2 cups white flour

## Filling:

4 whole eggs  
2 cups regular granular sugar  
6 Tablespoons flour  
6 Tablespoons fresh lemon juice Meyer works well

DIRECTIONS

Preheat oven to 350 °F  
Spray a 9 x 13 inch glass dish lightly with Pam or butter dish

## Crust

Mix together butter, powdered sugar and flour.  
Press resulting dough evenly into the bottom of dish and about ½ inch high on the sides.  
Bake 15-20 minutes until crust is a light golden brown

## Filling

Beat eggs well. Add sugar and beat together with eggs. Add flour and mix well again. Add lemon juice and mix a final time.  
Pour filling over the crust and bake 15-20 minutes.  
Allow to cool uncovered before cutting.

Can be refrigerated or frozen.

*MOSTLY* MADE *WITH* FRUIT

# MANGO

# MANGO CREAM PIE

BY KATHRYN BLANKINSHIP

INGREDIENTS

- 9-inch graham cracker or chocolate crumb crust
- 1/3 cup lime juice
- 1 1/2 envelope unflavored gelatin
- 1-14 ounce can sweetened condensed milk
- 2 very ripe mangos, peeled and seeded or 12 oz of mango juice

DIRECTIONS

Place lime juice in small saucepan, sprinkle gelatin granules top. Cook on low for about 2 minutes, while stirring to dissolve gelatin. Remove from heat and add milk.

\*In food processor, puree mango. Stir mango into milk mixture. Pour into crust. Chill until set. Garnish with fresh fruit like mangos or kiwi.



## Notes from Kathryn

When I first started buying mango juice I thought it would probably make a good last minute or “hurry-up” pie. I found several recipes and then modified them a bit. I have found that other juices can also be used for the pie. It is really the easiest desert to make at the last minute and it takes only about an hour to be set-up and ready to garnish. I have been truly gratified that others like this pie, too! Prep Time: 25 minutes (When I’m in a hurry, I use a prepared pie crust and the mango juice then it takes me about ten minutes.)

\*Instead of fresh mangos I use the canned Philippine 100% mango juice that I get by the case at Costco.

*MOSTLY* MADE *WITH* FRUIT

# PAPAYA

# PAPAYA BEEF

BY LENA SHIROMA

INGREDIENTS

- 1½ pounds beef cut into 1-inch chunks
- 5 cups green papaya cut into 2 inch chunks
- Thumb size piece ginger sliced
- 1 medium yellow onion, sliced
- 2-3 cloves garlic, mashed
- 2 Tablespoons fish sauce
- 2 Tablespoons sake
- 1 Tablespoon sugar
- ⅓ cup soy sauce (I use lite)
- 1 cup water
- 1 teaspoon star anise
- Oil for browning

DIRECTIONS

Heat a little oil in a large pot. Brown the meat. Add onions, garlic and ginger and cook for a few more minutes. Add the rest of the ingredients and simmer for an hour or so until the meat is tender. The water may not completely cover the meat, but juice from papaya, over time, will start filling the pot. You can mix it every so often to make sure it doesn't stick to the pan.

Serve on cooked rice.

### Notes from Lena

Pork and chicken would also work  
I've used a somewhat ripe papaya and the sauce ends up a little sweeter and is still good.

See Lena's story about how she created this dish on the next page.

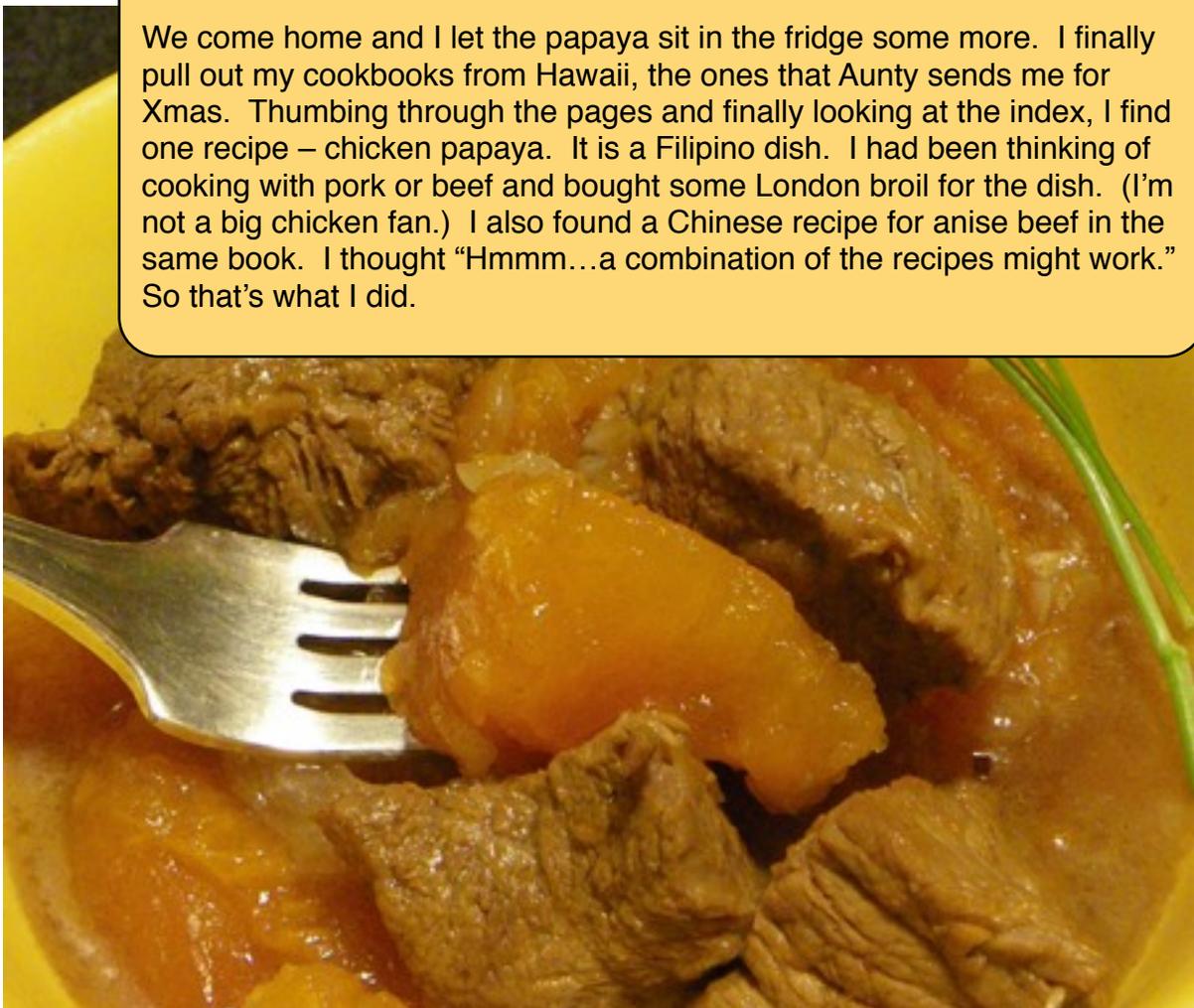
(continued.....)

# PAPAYA BEEF

(CONTINUED)

I came up with this recipe in 2001. Cory, my husband, likes papaya – ripe, soft & juicy sweet. One day, we bought a papaya and we let it sit several days to ripen up a bit. It's a pink flesh papaya about 4 lbs, maybe bigger? It started getting bad spots on the outside. Hoping we didn't let it get over ripe, we peeled the bad spots, and opened it up. To our dismay it was hard and relatively "green." We bagged it and put it in the fridge. What are we going to do? It wasn't going to ripen up properly since we cut it open. There's got to be a cooked papaya recipe in one of my Asian/Hawaiian cookbooks. I wasn't going to worry about it until after our weekend trip to Wilmington, N.C. Charming place, you oughta visit. Nearby beaches were nice with warm ocean waters. I ate lots of raw oysters, Yum!

We come home and I let the papaya sit in the fridge some more. I finally pull out my cookbooks from Hawaii, the ones that Aunty sends me for Xmas. Thumbing through the pages and finally looking at the index, I find one recipe – chicken papaya. It is a Filipino dish. I had been thinking of cooking with pork or beef and bought some London broil for the dish. (I'm not a big chicken fan.) I also found a Chinese recipe for anise beef in the same book. I thought "Hmmm...a combination of the recipes might work." So that's what I did.



*MOSTLY* MADE WITH FRUIT

*MOSTLY* MADE *WITH* FRUIT

# PASSION FRUIT

# COCONUT TART WITH PASSION FRUIT CREAM

BY LINDA TRUSSELL-- MOONDANCE RANCH  
Bon Appétit, Jan. 2008, p. 28.

INGREDIENTS

## Crust

1½ cups	all purpose flour
⅓ cup	sugar
¼ teaspoon	salt
½ cup (1 stick)	chilled unsalted butter, cut into ½ inch cubes
3	large egg yolks

## Filling

⅓ cup	sugar
1	large egg
1	large egg yolk
½ teaspoon	grated lime peel
⅔ cup	whipping cream
½ cup	canned sweetened cream of coconut (such as Coco Lopez)
3 Tablespoons	fresh lime juice
1 ¼ cups	unsweetened medium shredded coconut

## Passion Fruit Cream

¾ cup	chilled whipping cream
½ cup	sugar
⅓ cup	sour cream
5 Tablespoons	passion fruit pulp with seeds (from about 8 fresh ripe passion fruits)

(continued.....)

# COCONUT TART WITH PASSION FRUIT CREAM

(CONTINUED)

DIRECTIONS

## **Crust**

Preheat oven to 400°F.

Mix first 3 ingredients in processor. Add butter, using on/off turns, process until coarse meal forms. Add egg yolks, process until moist clumps form. Gather dough into ball. Press onto bottom and up sides of 9 inch diameter tart pan with removable bottom. Chill 1 hour. (do ahead) Can be made 1 day ahead. Cover and keep refrigerated.

Bake crust until golden brown, about 15 minutes. Cool completely.

## **Filling**

Preheat oven to 325°F.

Whisk first 4 ingredients in large bowl 1 minute. Stir in whipping cream, cream of coconut and lime juice, then shredded coconut. Transfer to prepared crust. Bake until set in center and top is golden, about 40 minutes. (mine took about 15 minutes longer).

Cool completely. (Can be made 8 hours ahead. Let stand at room temperature)

## **Passion Fruit Cream**

Whisk cream, sugar and sour cream in medium bowl until thickened. Add passion fruit pulp with seeds. Whisk until peaks form.

Cut tart into wedges. Serve with a dollop of passion fruit cream.

Wonderful!! Passion Fruit Cream is great on berries.  
If you like coconut this tart is a keeper.

# PASSION FRUIT CHIFFON PIE

BY ELOISE LAU

Given to me by my aunty who lives on Kauai

INGREDIENTS

- 1 prepared 9 inch pie crust
- 4 eggs separated
- ½ teaspoon salt
- 1 Tablespoon unflavored gelatin
- 1 cup sugar
- ¾ cup passion fruit juice
- ½ cup heavy cream for whipping

DIRECTIONS

Beat egg yolks until thick. Add ½ cup sugar, salt & ½ cup passion fruit juice.

Pour gelatin into remaining ¼ cup passion fruit juice and add to egg mixture. Cook over low heat until thick, stirring until gelatin is dissolved. Cool until slightly congealed.

Fold into the stiffly beaten egg whites to which the remaining ½ cup sugar has been added. Pour into prepared pie shell and chill until firm. Serve with whipped cream.

## Notes from Eloise

The graham cracker crust in the Yuzu Pie recipe is delicious with this pie. Lilikoi Chiffon Pie is a favorite of mine that my aunty always made me when I went to visit her on Kauai.

When I was able to grow my own passion fruit here in California she gave me the recipe.

Also known as Lilikoi Chiffon Pie in Hawaii

# PASSION FRUIT CURD

BY DAN KINNARD

From Perfect Preserves by Nora Carey

INGREDIENTS

2 pounds	passion fruit
1 lime	grated zest and juice
1 cup	sugar
1 stick (½ cup)	unsalted butter, cut into bits
4	large egg yolks, lightly beaten

DIRECTIONS

Extract juice and seeds from passion fruit and strain out seeds. In a double boiler whisk the passion fruit juice with the lime zest and juice, sugar, butter, and eggs.

Cook the mixture over simmering water, stirring constantly, for about 30 minutes, or until sugar is dissolved and mixture is thickened. Do not let the mixture boil or the eggs will curdle).

Spoon the curd into sterilized jars and seal. The curd keeps, unopened and chilled, for 2-3 months. For longer storage, process the jars in a boiling water bath: 10 minutes for 1 pint jars, 15 minutes for 1 quart jars.

Makes 1 quart

## Notes

This curd can be used as a filling for tarts or as a dessert sauce if thinned with a little heavy cream

*MOSTLY* MADE *WITH* FRUIT

*MOSTLY* MADE *WITH* FRUIT

# PEACH

# BEST PEACH CRISP

BY BOB MEYERS

from <http://www.justfruitrecipes.com/>

INGREDIENTS

1 cup	flour
½ cup	sugar
1 pinch	salt
1 teaspoon	baking powder
1	unbeaten egg
6	sliced, peeled peaches
½ cup	butter melted
	cinnamon

DIRECTIONS

Mix first 5 ingredients until crumbly.  
Place sliced peaches in greased pan.  
Sprinkle crumbly mixture over peaches.  
Pour ½ cup melted butter over mixture.  
Sprinkle with cinnamon.  
Use 8 inch square pan.  
Bake at 350 degrees for 40 minutes.

# COOKING-STORM CHUTNEY MEATLOAF \*

BY SONJA LONGLEY

INGREDIENTS

3 pounds	ground beef
2 ½ pounds	lean ground pork
6	large eggs
1 cup	bread crumbs
1 cup	oats
1 cup	sunflower seeds
1 cup	chopped onion
1 cup	milk
1 pint jar	Dan's Peach Chutney, divided (see directions)
3 Tablespoons	Dijon Mustard, divided
2 Tablespoons	salt
1 Tablespoon	Chili Garlic
2 Tablespoons	black pepper

DIRECTIONS

Preheat oven to 350°F.

Set aside ½ cup of the chutney and 1 Tablespoon of mustard.

In a large bowl thoroughly combine the remaining ingredients and pack the mixture into three 4 x 8 inch loaf pans.

Puree the remaining chutney and mix with the 1 Tablespoon of mustard. Coat the top of the loaves with this glaze.

Bake for about 1 hour or until interior temperature reaches 185°F.

## Notes

Sonja's cooking-storms are all day marathons when she cooks to store future meals in the freezer. This meatloaf freezes very well she says. You can find the recipe for Peach Chutney in the Peach Section .

# CURRIED PEACH AND GINGER CHUTNEY

BY LINDA TRUSSELL-- MOONDANCE RANCH  
originally from Katherine Emmenegger, Executive Chef, Great News Cooking School

INGREDIENTS

½ cup	cider vinegar
½ cup	loosely packed brown sugar
½ cup	white sugar
1 small	white onion, peeled and diced, about ½ cup
⅓ cup	golden raisins
1 Tablespoon	finely chopped garlic
1 Tablespoon	grated fresh ginger (keep in freezer, easier to grate)
½ teaspoon	salt
½ teaspoon	curry powder
1½ pounds	firm, fresh peaches blanched to remove skin (or use serrated peeler), pits removed, cut into bite size pieces, (or frozen peaches thawed, drained and cut)

DIRECTIONS

In stainless steel pot, combine the vinegar and both sugars, bring to a boil.

Add the onion, raisins, garlic, ginger, salt and curry powder, reduce the heat and simmer for 10 minutes.

Add the peach wedges and simmer until tender and the syrup has reached a desired thickness.

Remove from heat and let cool.

(continued.....)

# CURRIED PEACH AND GINGER CHUTNEY

(CONTINUED)

Serve at room temperature.

Best made a day ahead.

Refrigerate, in an airtight container for up to 1 week.

Makes 2 ½ cups, serves 10

Preparation time approximately 1 hour.

Cooking time about 60 – 120 minutes depending on firmness of peaches and desired thickness of chutney.

# PEACH CHUTNEY\*

BY DAN KINNARD

Originally from *Art of Preserving* by Jan Berry

INGREDIENTS

2 pounds	ripe peaches
2 ½ cups	brown sugar
¼ cup	raisins
2	cloves garlic, chopped
2 Tablespoons	grated ginger
1	red chili chopped (optional)
1	onion, chopped
1 teaspoon	sea salt

DIRECTIONS

Peel, pit and chop the peaches. Place them in a large nonreactive saucepan over medium heat and add the remaining ingredients.

Stir for 5 minutes, when the mixture is boiling, lower the heat to a simmer and cook for 30 to 40 minutes until the chutney thickens.

Ladle the chutney into warmed, sterilized jars. Allow to cool before sealing the jars.

Chutney is ready to eat after 1 month.

Makes approximately 4 cups

## Notes

This is the recipe for the chutney Sonja uses in her Cooking-Storm Chutney Meatloaf.

# PEGGY'S WHOLE PEACH PIE\*

BY ROBERT MEYERS

INGREDIENTS

- 1 nine inch deep dish pie shell with top
- 7 ripe peaches
- 2/3 cup sugar
- 1 1/2 Tablespoons tapioca

DIRECTIONS

Preheat oven to 350°F

Place 7 washed and stemmed whole peaches in the pie shell. That's right--whole peaches with skin and pit intact.

Pour sugar/tapioca mixture around the peaches, not on top.

Cover with top pie shell and crimp. Don't forget the air vents.

Bake at 350°F for 1 hour to 1 hour and 15 minutes or until bubbling hot.

Remind your guests to look for the lucky peach pits. There should be 7 of them.

Enjoy!!!

Robert met Peggy at the Escondido Farmers' Market when he was selling peaches there. She gave him this most intriguing recipe for peach pie. He tried it at home and swears that it is really simple to do and also delicious.

*MOSTLY* MADE *WITH* FRUIT

*MOSTLY* MADE *WITH* FRUIT

# PERSIMMON

# BOW TIE PASTA W/CHICKEN

BY LEE BATHGATE

From our Fuyu Recipe contest (several years ago)

INGREDIENTS

- ½ pound bow tie pasta
- 2 skinless chicken breasts
- 1 large Fuyu persimmon  
julienned
- ½ each red bell pepper, green  
bell pepper, yellow bell pepper  
and yellow onion julienned

**Balsamic vinaigrette**

- ½ cup balsamic vinegar
- ½ teaspoon minced shallots
- ½ teaspoon minced garlic
- ½ cup olive oil, according to taste
- 1 Tablespoon chopped basil
- salt and pepper to taste.

DIRECTIONS

- Cook and cool pasta.
- Grill chicken and cool. Julienne.
- Saute peppers & onion until onions are translucent, cool.
- Combine all cooled ingredients and add the vinaigrette.
- Can be served warm or cold.

# CALIFORNIA COMPOSED FUYU SALAD

BY LEE BATHGATE

INGREDIENTS

- 4 cups spinach, torn in pieces
- 3 Fuyu Persimmons, peeled, cut in ¼ inch slices
- 1 avocado, peeled, sliced thin
- 1 small red onion, sliced thin, blanched and rinsed in cold water
- ¼ pound bacon, cooked crisp, drained, and crumbled
- ⅓ cup toasted pine nuts

**Dressing**

- 1 cup mayonnaise
- 2 Tablespoons Dijon mustard
- 3 Tablespoons honey
- 3 Tablespoons orange juice
- 1 teaspoons grated orange peel

DIRECTIONS

Place spinach in a large bowl. Toss with enough dressing to coat. Place on serving dish or on individual serving dishes. Arrange Fuyu slices, avocado, onion on top. Sprinkle with bacon bits and pine nuts.

# THE EMPEROR'S SALAD

BY LEE BATHGATE  
winning Fuyu Contest recipe

INGREDIENTS

**Salad**

- 6 medium fuyu persimmons
- 8 large butter lettuce leaves
- 2 avocados
- 8 mint sprigs

**Dressing**

- 1/3 cup freshly squeezed lemon juice
- 1/8 teaspoon paprika
- 4 Tablespoons minced crystallized ginger
- 1 Tablespoon shredded lemon peel
- 2 Tablespoons honey
- 1/3 cup oil

DIRECTIONS

**Salad**

Peel fuyus and cut into 1/4 inch slices.  
Place lettuce leaf on each of 8 salad plates. Arrange fuyu slices on the lettuce.  
Peel avocados and cut each into 12 slices. Arrange 3 avocado slices with fuyus. Spoon dressing over salad and garnish with mint sprigs.

Can be served on a platter arranging lettuce, fuyu and avocado in rows and spooning dressing down the center of each row. Looks spectacular!!

**Dressing**

Blend ingredients in blender. Refrigerate to blend flavors.  
It will keep refrigerated if making less than 8 salads at once.

# FUYU BUNDT CAKE

BY DAN KINNARD

originally from CALIFUYU website via Sunset Magazine

INGREDIENTS

2 teaspoons	baking soda
3 cups	firm Fuyus chopped
½ cup	soft butter
1 ⅔ cups	sugar
2	eggs
2 teaspoons	lemon juice
2 teaspoons	vanilla
2 cups	flour
1 teaspoon	baking powder
1 teaspoon	salt
1 teaspoon	ground cloves
1 teaspoon	cinnamon
½ teaspoon	nutmeg
1 cup	chopped walnuts
¾ cup	raisins

DIRECTIONS

Grease and flour a bundt cake pan.  
Preheat oven to 350 °F

Blend the baking soda into the chopped fuyus. Set aside

In a large bowl beat the butter and sugar  
Add eggs, lemon juice and vanilla. Beat until fluffy  
Stir in fuyu mixture

Sift dry ingredients  
Stir dry ingredients into Fuyu mixture just until blended  
Add walnuts and raisins.

Pour into prepared bundt pan.  
Bake for 55 - 60 minutes or until toothpick tests clean.  
Cool in pan 15 minutes. Turn onto rack.

# MEMA'S PERSIMMON COOKIES

BY JAMES AGREN

INGREDIENTS

1 cup	sugar
½ cup	butter
1	egg
1 cup	ripe persimmon
1 cup	nuts
1 cup	raisins
2 cups	flour
1 teaspoon	baking powder
¼ teaspoon	salt
½ teaspoon	cloves
½ teaspoon	cinnamon

DIRECTIONS

Preheat oven to 350 °F

Combine shortening and sugar and beat until thoroughly blended. Add egg and beat well, beat in the persimmon pulp.

Stir together the flour, baking powder, salt, cloves, and cinnamon. Add to the first mixture and beat until completely mixed. Stir in the walnuts and raisins.

Drop by rounded teaspoonfuls onto a greased cookie sheet and bake for 12-13 minutes until the cookies slightly brown.

## Note from James

This is my Great Grandmother, Grace Jewel Aikman's recipe. It's a family favorite and one I make as often as possible every season.

# PERSIMMON AND SCALLOPS

BY DAN KINNARD

From Flavor & Fortune, a magazine dedicated to the art and science of Chinese cuisine

INGREDIENTS

1	very ripe persimmon, peeled, and seeded
16	large sea scallops
2 Tablespoons	cornstarch
6 slices	bacon, cut cross-wise into small pieces
¼ teaspoon	white pepper
¼ teaspoon	sugar
1 teaspoon	minced fresh cilantro

DIRECTIONS

Mash persimmon with a potato masher, mixing in two tablespoons cold water or enough water so persimmon mixture takes on the consistency of cream.

Rinse scallops and drain well, mix with the cornstarch and set aside.

Mix pepper, sugar and cilantro and set aside.

Fry the bacon until crisp, remove bacon from pan. Put scallops in pan, fry on each side for approximately 2 minutes each. Be careful not to overcook scallops.

Sprinkle pepper mixture on scallops after you turn them over and continue cooking for 2 minutes more or until done. Remove to warm serving plates.

Heat mashed persimmon mixture in the remaining liquid in the pan for one or two minutes, until boiling, then drizzle over each set of scallops and serve.

Makes 8 appetizer servings or 4 main course servings

Note from Dan

Dan adapted the original recipe and made it his own. He used a very ripe hachiya persimmon but a very ripe fuyu would work as well

# PERSIMMON CHUTNEY

BY KATHLEEN PAYNE

originally from Ann Stuart, Dec 2009, CRFG Santa Clara Valley

INGREDIENTS

4 cups	persimmon pulp
2 cups	sugar
1 cup	white balsamic vinegar
1 teaspoon	crushed dried chiles
4 Tablespoons	chopped garlic
6 Tablespoons	crushed ginger
Handful	raisins
Handful	chopped almonds
1 teaspoon	salt (optional)

DIRECTIONS

Sterilize jars, lids, ladles, etc. as for jam making

Boil sugar and vinegar for 3-5 minutes, stirring constantly.

This part is tricky, so watch carefully; it caramelizes quickly. Add ½-1 cup of water if it gets away from you.

As soon as it starts to thicken, add chilis, garlic, ginger and persimmons.

Cook 5 minutes, stirring often.

Add raisins, almonds and salt to taste.

Cook another 5 minutes or so, stirring often. Remove pan from heat when chutney is slightly thick.

Pour at once into sterilized jars. Seal.

Makes 6-8 cups

## Notes from Kathleen

You may substitute crisp Fuyu persimmons. Peel and core 6 pounds or so. You want about 4 cups prepared fruit. Chop quite fine, coarsely grate, or process in a food processor.

I used Christopher Ranch chopped ginger and minced garlic and white balsamic vinegar from Trader Joe's.

# PERSIMMON PECAN PIE

BY BOB MEYERS

originally from [www.justfruitrecipes.com](http://www.justfruitrecipes.com)

INGREDIENTS

1 cup	persimmon pulp
3	eggs slightly beaten
1 cup	sugar
1 teaspoon	cinnamon
¼ teaspoon	salt
½ cup	dark corn syrup
1 teaspoon	vanilla
1-1½ cup	chopped pecans
1	unbaked pie shell

DIRECTIONS

In mixing bowl, combine beaten eggs, persimmon pulp, sugar, cinnamon, salt, corn syrup and vanilla. Mix well. Pour in pie shell, top with pecans.

Bake in oven at 350 °F for 40-50 minutes or until a knife comes out clean when inserted in the center of the pie.

Chill and serve with whipped cream.

### Notes from Bob

I've used soft-ripe persimmons, Hachiya and Chocolate, I haven't tried firm Fuyu or Jiro types.

Also, I chop up the broken pecans and spread them out first, saving the whole pecans to place on top last, for a more professional look.

*MOSTLY* MADE *WITH* FRUIT

# PERSIMMON PECAN PIE

(CONTINUED)



# PERSIMMON PUDDING

BY LEE BATHGATE

This is an old Bathgate family recipe

Notes from Lee:  
 A double recipe will fit in a 9 X 13 inch pan.

Serve pudding warm or cold with whipped cream, hard sauce or ice cream

For a special treat, serve the pudding warmed in the microwave with lemon sauce or brandy or bourbon sauce. Recipes follow

INGREDIENTS

## PUDDING

- 1 cup persimmon pulp  
(very ripe Hachiya or Fuyu)
- 1 teaspoon baking soda
- 1 egg
- 1 cup sugar
- 1 cup flour
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1½ teaspoon baking powder
- ½ cup milk
- 1 teaspoon vanilla
- 1 Tablespoon melted butter or margarine
- ½ cup raisins, currants, dates or  
chopped firm Fuyu
- ½ cup walnuts (optional)

DIRECTIONS

## PUDDING

Preheat oven to 325 °F. Grease an 8 X 8 inch pan or medium loaf pan.

Puree 1 cup persimmon pulp in the blender. Add the baking soda, egg and sugar to the persimmon.

Sift or stir together the flour, spices and baking powder. Combine the dry ingredients, milk, vanilla and melted butter into the persimmon mixture.

Bake for 50 - 60 minutes or until done.

# PERSIMMON PUDDING

(CONTINUED)

INGREDIENTS

## LEMON SAUCE

½ cup	sugar
1 Tablespoon	cornstarch
1 cup	boiling water
2 Tablespoons	butter
1½ Tablespoons	lemon or lime juice
½ teaspoon	zest of lemon or lime

DIRECTIONS

## LEMON SAUCE

Combine sugar with cornstarch in a small saucepan.  
Stir in the water and cook, stirring until thickened.  
Stir in butter, lemon or lime juice and zest.  
Serve warm.

Makes 1½ cups

(continued.....)

# PERSIMMON PUDDING

(CONTINUED)

INGREDIENTS

## BRANDY or BOURBON SAUCE

3 Tablespoons	butter
1 cup	sugar
1 ½ cups	boiling water
2 Tablespoons	cornstarch
2 Tablespoons	cold water
¼ to ½ cup	brandy or bourbon
1 teaspoon	vanilla
⅛ teaspoon	salt

DIRECTIONS

## BRANDY or BOURBON SAUCE

Brown butter in saucepan. Add the sugar and boiling water. Blend the cornstarch in the cold water and stir into the boiling mixture. Cook until thickened, stirring constantly. Remove from heat and add the brandy or bourbon to taste, vanilla and salt. Serve warm.

Makes 2 cups

# PERSIMMON SALAD DRESSING

BY CIELO

INGREDIENTS

- 4 to 5 cloves garlic (crushed in smaller pieces)
- ½ cup olive oil
- ¼ cup lemon juice
- ¼ cup persimmon pulp from overly ripe Fuyu persimmons or ripe Hachiya persimmons
- salt, pepper to taste

DIRECTIONS

Mix everything in a jar or bowl.  
Make adjustments as necessary, according to your own taste.  
Cover and refrigerate left over dressing.  
Makes about 8 servings at 2 tbsp each.  
Each serving is about 121 calories.

# TIPS FOR DRYING WHOLE FUYU PERSIMMONS

BY KATHRYN BLANKINSHIP

First I must write, I just love fuyu persimmons☺ I love to eat them when they are crisp and I also love to eat them in breads, cookies and dried. Dried whole persimmons are just the correct size for a great snack and they have a soft chewy texture like a dried fig or prune. When I prepare whole persimmons for drying I select very ripe ones that are almost too soft to hold. Then I peel them. The peels come off almost like tomato skins. If the persimmons are not very ripe it is hard to peel them without losing quite a bit of the flesh. Once they are peeled I place them on racks for drying. Drying whole persimmons can be a challenge. In the past I have seen several suggestions, but they all took some carpentry to accomplish. This last year, I gratefully accepted the gift of a food dehydrator and begin thinking about how to get the trays further apart to accommodate a whole persimmon. I used two different types of spacers that I had around the house and I'm sure there are many more that would work as well. I first used wine corks held together with zip locks and then I used PVC pipe connectors (sprinkler parts). My PVC connectors are a bit taller than wine corks, which meant that the largest persimmons on the top tray touched the plastic cover. The wine corks were just the correct height for stacking three trays with enough space at the top for good air circulation. I found that I can get twelve to fourteen whole persimmons on each of three trays. Then I plug in the dehydrator and let it run. It takes about two days to

dry whole persimmons. I store them in a plastic container in the refrigerator. They last several months and would probably last indefinitely if they weren't eaten first!



Picture 1: This is the first tray placed on the dehydrator with wine corks as separators.

(continued.....)

# TIPS FOR DRYING WHOLE FUYU PERSIMMONS

(CONTINUED)



Picture 2: This picture shows the second tray loaded with PVC separators.



Picture 3: This picture shows three trays loaded plugged in and ready to dry.

(continued.....)

# TIPS FOR DRYING WHOLE FUYU PERSIMMONS

(CONTINUED)



Picture 4: Here is the picture with the cover on and drying. By the door is a bag of peels ready to be placed in the worm bin!

Persimmons are dried for two days.



Picture 5: Cover off and the persimmons are ready to eat or store.

*MOSTLY* MADE WITH FRUIT

*MOSTLY* MADE WITH FRUIT

# PLUM / PRUNE

# CHOCOLATE FUDGE BROWNIES

BY SONJA LONGLEY

This recipe was adapted from the book Death by Chocolate  
It was pruned of fat but not of flavor

INGREDIENTS

¼ cup plus 1	Tablespoon	Vegetable cooking spray
1	teaspoon	all-purpose flour
	5	double acting baking powder
	2½ cups	medium eggs
½	teaspoon	granulated sugar
½	teaspoon	cinnamon
2	teaspoons	salt
	½ cup	vanilla extract
		prune purée ( 4 ounces prunes + 3 Tbs. water )
	½ cup	low fat yogurt
	1 cup	cocoa
8	ounces	coarsely chopped dark chocolate
	1 cup	chopped nuts ( roasted filberts or

almonds)

DIRECTIONS

Preheat oven to 325 °F  
Spray 9-inch-square baking pan with cooking spray. Coat pan with 1 Tbs. flour.  
Discard excess flour.  
Sift together remaining ¼ cup flour and baking powder.  
Place eggs, sugar, salt and vanilla in mixer or food processor. Mix until slightly thickened.  
Add prune puree and yogurt. Combine well.  
Add cocoa while mixer or processor is running.  
Add flour mixture and mix briefly or pulse process until just combined.  
Stir in chocolate pieces and half the nuts .  
Pour batter into cake pan, spreading it evenly and into the corners of the pan.  
Sprinkle remaining nuts on top (optional.)  
Place in center of oven. Bake 50 minutes or until a toothpick inserted comes out clean. Note that there will be melted chocolate on the toothpick.  
Cool in the pan and cut into 16 to 24 squares .  
Serves: 16-24.

# PLUM CRUMBLE

BY LINDA TRUSSELL-- MOONDANCE RANCH

INGREDIENTS

1 ¼ cups plus 2 Tablespoons	sugar
¼ teaspoon	salt
½ cup (1 stick)	chilled, unsalted butter, cut into small pieces
1 ¼ cups	all-purpose flour
¾ teaspoon	ground cinnamon
¼ teaspoon	baking powder
2	large eggs
½ cup	heavy cream
½ teaspoon	almond extract
½ teaspoon	pure vanilla extract
1 ½ pounds	dark plums, (about 6), pitted and cut into eighths

Whipped cream, for serving (optional)

DIRECTIONS

Preheat the oven to 375 °F.

In a medium bowl, whisk together 1 cup sugar, salt, and flour. Using a pastry blender, cut in the butter until the mixture resembles coarse meal. Set aside half the mixture. Add the cinnamon, baking powder, and 1 egg to the other half. Mix until well blended. Press into the bottom of a 9-inch shallow baking dish. Bake until firm and golden brown, about 15 minutes.

While the pastry is baking, whisk together ¼ cup sugar, the remaining egg, the cream, and the almond and vanilla extracts in a small bowl; set aside.

Remove the pastry from the oven, and top with plum slices. Pour the cream mixture over the plums, and sprinkle with reserved butter-flour mixture. Sprinkle with the remaining 2 tablespoons sugar, and bake until topping is golden brown and the plums are tender, 20 to 30 minutes. Serve warm or at room temperature with whipped cream.

Very good, excellent crust.  
Delicious made with Flavorosa Pluots.

# SONJA'S PLUM CRISP

BY SONJA LONGLEY

INGREDIENTS

## Topping

¾ cup	almonds, chopped and toasted
1 stick	butter
¾ cup	all-purpose flour
¾ cup	packed light brown sugar
¾ cup	old-fashioned rolled oats
¾ teaspoon	cinnamon
3 drops	almond extract

## Filling

⅓ cup	lemon juice
3 pounds	plums, pitted and cut into quarters
6 to 8	plums, pureed (to make 1 cup)
1¼ cups	sugar
2 Tablespoons	cornstarch

DIRECTIONS

Preheat oven to 375 °F.

## Topping

Chop the almonds in a food processor and toast in a skillet on top of the stove.

In the food processor combine the flour, brown sugar, cinnamon, almond extract, ½ cup of the oats and butter, cut into small pieces. Process until mixture resembles coarse meal. Put the mixture in a bowl and stir in the remaining oats and the almonds.

## Filling

In a blender puree 6 to 8 ripe plums. Add lemon juice, sugar and cornstarch and blend together. In a bowl combine the pitted and quartered plums with the mixture from the blender.

Pour the filling into a greased 9x13 baking pan. Sprinkle the topping over the plums. Bake for about 45 minutes.

Serve warm with vanilla ice cream.

*MOSTLY* MADE *WITH* FRUIT

# PUMPKIN

# PUMPKIN BREAD PUDDING

BY SONJA LONGLEY

INGREDIENTS

## Bread Pudding

	¾ cup	Butter for greasing the baking pan
		golden raisins, plumped in warm water for one hour (or soak in brandy and skip the rum extract)
	1 Tablespoon	rum extract
	3 cups	half and half
	2¾ cups (1½ 15-ounce cans)	pure pumpkin
	1½ cups plus 3 tablespoons	brown sugar (packed)
	6	large eggs
	2¼ teaspoons	pumpkin pie spice
	2¼ teaspoons	ground cinnamon
	1 teaspoon	powdered ginger
	2¼ teaspoons	vanilla extract
	15 cups	½-inch cubes egg bread (about 15-ounces)
	1 cup	pecans

## Carmel Sauce

	1¼ cups	brown sugar, packed
	½ cup (1 stick)	unsalted butter
	1 cup	whipping cream

DIRECTIONS

## Bread Pudding

Preheat oven to 350°F.  
 Butter a 13 x 9-inch baking dish.  
 Drain raisins of water and combine with brandy extract. Carefully fold golden raisins into bread cubes. Place the bread mixture into baking dish.  
 Whisk half and half, pumpkin, 1 ½ cups brown sugar, eggs, pumpkin pie spice, cinnamon, ginger and vanilla extract in large bowl to blend. Pour mixture over bread cubes. Arrange pecans on top and sprinkle with remaining 3 tablespoons brown sugar. Pat nuts and sugar lightly into the custard mixture. Let stand 15 minutes. Bake pumpkin bread pudding until tester inserted into center comes out clean, about 40 minutes.

(continued.....)

# PUMPKIN BREAD PUDDING

(CONTINUED)

DIRECTIONS

## **Caramel Sauce**

Whisk brown sugar and butter in heavy medium saucepan over medium heat until butter melts. Whisk in cream and stir until sugar dissolves and sauce is smooth, about 3 minutes.

Serve pudding warm with caramel sauce and sweetened whipped cream.

Serves 12

# PUMPKIN PRALINE CHEESECAKE

BY SONJA LONGLEY

INGREDIENTS

## Crust

1 cup	ginger snap crumbs
½ cup	flour
4 Tablespoons	light brown sugar
1 cup	pecans
7 Tablespoons	salted butter

## Filling

3 (8-ounce) packages	cream cheese, at room temperature
1 (15-ounce) can	pureed squash or (2 cups squash puree)
3	eggs plus 1 egg yolk or 3 jumbo eggs
¼ cup	sour cream
1 cup	light brown sugar
½ cup	sugar
½ teaspoon	ground cinnamon
⅛ teaspoon	fresh ground nutmeg
⅛ teaspoon	ground cloves
¼ teaspoon	ginger
½ teaspoon	pumpkin pie spice
2 Tablespoon	all-purpose flour

## Praline Topping

1½ cup	pecans
½ cup	firmly packed golden brown sugar
¾ cup	heavy whipping cream
1 Tablespoon	unsalted butter
1 Tablespoon	vanilla extract
¼ teaspoon	salt

DIRECTIONS

Preheat oven to 350 °F

## CRUST

In food processor, combine ginger snaps, flour and sugar. Process to make crumbs. Add the pecans, pulse to finely chop the nuts. Add contents to a bowl and combine with melted butter. Press down flat and up the sides of a 9-inch spring-form pan. Bake crust for about 12 minutes. Set aside to cool.

Arrange the pecans for the praline topping on a baking sheet in a single layer and toast them for 7 to 9 minutes, until golden brown and aromatic. Coarsely chop the nuts.

(continued.....)

# PUMPKIN PRALINE CHEESECAKE

(CONTINUED)

Reduce oven temperature to 325 °F.

DIRECTIONS

## FILLING

Beat cream cheese until smooth. Add pumpkin puree, eggs, sour cream, sugar and the spices. Gently add flour and vanilla until well combined. Pour into crust. Spread out evenly.

Place a baking pan with boiling water under oven rack where cheesecake is to go. Place in oven for 1 hour. Remove from oven and let sit for 15 minutes. Cover with foil and refrigerate for 4 hours.

## PRALINE TOPPING

Stir together brown sugar, cream, and butter in a saucepan set over medium heat. Boil the mixture for about 1 ½ minutes, adjusting the heat to make sure it does not boil over. Do not stir. Remove the pan from heat and stir in vanilla, salt, and pecans. Cool the topping at least 15 minutes before pouring over the top of the chilled cheesecake. Serve immediately, or cover and chill until ready to serve. The cheesecake will keep, well wrapped, in the refrigerator for 3 to 4 days.



*MOSTLY* MADE *WITH* FRUIT

*MOSTLY* MADE *WITH* FRUIT

# TANGERINE

# TANGERINE CREAM PUDDING

BY BOB MEYERS

originally from [www.justfruitrecipes.com](http://www.justfruitrecipes.com)

INGREDIENTS

2 Tablespoons	cornstarch
3 Tablespoons	sugar
1/8 teaspoon	salt
2 cups	milk
1 teaspoon	grated fresh tangerine peel
1 1/2 cups	seeded tangerine sections

DIRECTIONS

Mix together cornstarch, sugar, and salt in a saucepan. Place over moderate heat.

Gradually stir in milk. Stir constantly, until mixture thickens and comes to a boil; boil 1 minute.

Remove from heat. Stir in tangerine peel. Cool, stirring occasionally, fold in tangerine sections.

Chill. Enjoy!

# VARIOUS FRUITS & NUTS

# ALMOND FRUIT TART

BY SONJA LONGLEY

INGREDIENTS

		Vegetable cooking spray
	2 cups	blanched almonds
1 Cup + 2 Tablespoons		flour
	1 cup	powdered sugar
	½ teaspoon	salt
	1 cup	unsalted butter
	2	eggs
	½ teaspoon	almond extract
	2 teaspoons	lemon zest
	3	varieties of fruit, for example:
		3 nectarines, sliced
		1 cup blueberries
		4 kiwis, sliced
		Juice of 1 lemon
	1	12-ounce jar apricot jam
	2 Tablespoons	peach brandy or water

DIRECTIONS

Preheat oven to 400 °F

Spray a 12- inch tart pan with cooking spray.

Add the almonds to processor and process into consistency of fine corn meal.

Remove from processor and set aside.

## ALMOND CRUST

Add to food processor: 1 cup flour, half of the ground almonds, ½ cup powdered sugar, ½ teaspoon salt.

Slice and add ½ cup cold butter and process until mixture resembles coarse meal.

Spray a 12- inch tart pan with cooking spray. Press the flour mixture into the pan, working the crust up the sides of the pan.

(continued.....)

# ALMOND FRUIT TART

(CONTINUED)

DIRECTIONS

## ALMOND FILLING:

Again in processor, cream  $\frac{1}{2}$  cup softened butter and  $\frac{1}{2}$  cup sugar. Add 2 eggs. Process until just combined. Add almond extract, lemon rind, 2 Tbsp. flour and remaining ground almonds. Process until just combined.

Pour over crust.

Bake at 400 degrees for 15 minutes. Reduce heat to 350 degrees and continue baking for another 15 minutes, or until filling has set. Remove from oven and allow to cool.

## FRUIT TOPPING:

Coat fruit slices with half the lemon juice. Arrange fruit on top of tart in alternating concentric circles of contrasting colors.

Combine jam, remaining lemon juice and brandy or water in a saucepan. Bring to a boil, stir and simmer 5 minutes. Strain. Brush on fruit while still hot.

Serves 8 to 12



This recipe harkens back to my Dutch heritage where almonds are ever-present in our cookies and pastries.

You might be adventurous and try different fruit combinations

# AMBROSIA

BY STEVE ASHLEY

INGREDIENTS

Ripe bananas  
Pineapple chunks  
Mandarine oranges  
Papaya  
Mangoes  
Any other fruit you may have that would be suitable  
1 small carton flavored yogurt-pina colada or lime works well.  
Shredded coconut  
Coconut cream  
Vanilla  
Condensed milk  
Miniature marshmallows  
Lime or lemon

DIRECTIONS

Mix your fruit, yogurt and remaining ingredients to taste.  
  
The condensed milk adds sweetness and a squeeze of lemon or lime will counteract the sweetness.

Be adventuresome with your combinations.  
Steve says that this is a delicious, simple dish to make. Try it, you'll like it.

# CAROB PIE (RAW) \*

BY CINDY HANSEN

INGREDIENTS

**Makes 2 pies**

## Crust

2 ½ cups shredded coconut  
2 cups dates

## Filling

3 avocados  
1 ½ cups carob powder  
¾ cup mango honey  
pinch salt  
¾ teaspoon ground cinnamon

DIRECTIONS

## Crust

Combine coconut and dates in food processor. Mixture will be sticky. Press into 2 oiled pie tins.

## Filling

Combine remaining ingredients and pour into the crusts. Sprinkle raw coconut on top. Chill in refrigerator.

Cindy got this recipe when she met a lady in the grocery store who enjoys healthy eating. The lady couldn't remember where she got the it but this is Cindy's adaptation of the recipe.

Cindy sometimes substitutes cocoa for the carob powder.

She says that it's also great for breakfast.

# CHRISTMAS STOLLEN WITH ALMOND PASTE

BY SONJA LONGLEY

INGREDIENTS

## Stollen

1 teaspoon	lemon zest
½ cup	each raisins and water
1 Tablespoon	rum extract
½ cup	mixed diced candied fruit
5½ cups	bread flour
1 teaspoon	salt
2 packages	Rapid Rise Yeast
½ cup	sugar
1 cup	water 98 °F ( Found this better than 78 °F)
2	large eggs
½ pound	butter softened (use half sweet/ half salted)
	Almond Paste: see recipe below

DIRECTIONS

Grate lemon zest. Combine raisins, water and rum extract. Insert paddle in mixer and combine flour, salt, lemon zest, sugar and yeast. Add water, eggs and butter and mix using paddle. When ingredients are mixed, start using dough hook in mixer and kneed. Make sure dough has a soft, pliable consistency otherwise it's too difficult to braid later. Add water if needed. Knead until some semblance of windowpane in the dough (about 10 min.) Turn dough out on floured board and form into a neat ball. Place into greased bowl and let rise until doubled.

Dry the raisins. Turn dough out on a floured board and combine with raisins and candied fruit. Divide into 6 balls. Let dough rest and relax.

Roll out one ball at a time into 12 inch flat baguette shape and fill with almond paste. Braid three filled "baguettes" together to make two loaves.

Let braided loaves proof until doubled. Bake at 350 °F for 25 – 27 minutes. (continued.....)

# CHRISTMAS STOLLEN WITH ALMOND PASTE

(CONTINUED)

INGREDIENTS

## Sonja's Almond Paste

1 cup	blanched almonds
½ cup	sugar (regular or confectioners)
1	egg
½ teaspoon	almond extract

DIRECTIONS

Blanch the almonds and dry overnight in a warm place or for 30 minutes in a 250 °F oven.

Put almonds, sugar and egg in food processor and run the machine until paste is smooth. Add almond extract, a few drops at a time to taste, and combine well.

I usually use it as I prepare it, or I keep it in the fridge for a week or so. It freezes very well.



# FRESH FRUIT SORBET

BY LEE BATHGATE  
originally from Sunset Fresh Fruit A to Z

INGREDIENTS

½ cup sugar  
½ cup water  
1 cup fruit puree (see below)

DIRECTIONS

Bring sugar and water to a boil over high heat. Boil until reduced to ½ cup (about 5 min) Let cool. Refrigerate syrup if made ahead.

In food processor or blender, whirl specified amount of fruit and citrus juice until pureed. You should have 1 cup of puree.

Mix syrup and fruit puree; pour into a 9 inch square metal pan. Cover and freeze until almost firm (about 1 hour).

Break frozen fruit mixture into small pieces. Process briefly in food processor, just until smooth and slushy; do not over process. (Or turn mixture into a bowl and beat with an electric mixer). Put into airtight container and freeze until firm, at least 2 hours, or up to 1 month.

To serve, let sorbet stand at room temperature to soften slightly. Then scoop out. Makes about 1½ cups (3 to 4 servings).

An attractive and tasty presentation is 3 fruits of contrasting colors layered in a parfait glass.

Note: You may also freeze fruit mixture in a self-refrigerated ice cream maker, following manufacturer's directions.

(continued.....)

# FRESH FRUIT SORBET

(CONTINUED)

<b>Fruit</b>	<b>Quantity of fruit</b>	<b>Citrus Juice</b>
Apricot	1½ cups peeled, cubed	1½ Tbsp lemon juice
Banana	1½ cups peeled, cubed	1½ Tbsp lemon juice
Berry	1¼ cups (any variety)	None
Cherimoya	1¼ cups seeded	2 Tbsp. orange juice
Feijoa	1 cup Feijoa pulp	1½ Tbsp lemon juice
Fig	1¼ cups chopped	2 Tbsp lemon juice
Guava	1 cup guava pulp	1½ Tbsp lemon juice
Kiwi	1¼ cups peeled, sliced	None
Mango	1 cup peeled, cubed	2½ Tbsp orange juice
Melon	1¼ cups peeled, seeded	2 Tbsp lemon juice
Nectarine	1¼ cups cubed	2 Tbsp lemon juice
Papaya	1¼ cups peeled seeded	2½ Tbsp lime juice
Passion Fruit	1 cup pulp blended	None
Peach	1¼ cups, peeled, cubed	2 Tbsp lemon juice
Pear	1¼ cups, peeled, cubed	2 Tbsp. lemon juice
Pepino	1 cup peeled seeded	1 Tbsp. lemon juice
Persimmon	1 cup soft pulp	1½ Tbsp lemon juice
Prickly pear	1¼ cups peel, cubed	2 Tbsp. lemon juice
Sapote	1 cup peeled, seeded	2 Tbsp. lemon juice
Tamarillo	1 cup sliced	1 Tbsp. lemon juice

# FRUIT COBBLER

BY LEE BATHGATE

A tradition in the Bathgate families

INGREDIENTS

3-4 cups	assorted fruit such as apricots, peaches, berries, etc.
3 Tablespoons	Crisco or butter
$\frac{2}{3}$ cup	sugar
1 cup	flour
1 teaspoon	baking powder
$\frac{1}{2}$ teaspoon	salt
$\frac{2}{3}$ cups	milk
$\frac{1}{2}$ -1 cup	sugar (less if fruit is sweet)
1 Tablespoon	cornstarch
1 cup	boiling water

DIRECTIONS

Preheat oven to 350 °F

This recipe fills an 8 x 8 inch pan. Double it for a 9 x 13 inch pan.

Cream the shortening and sugar. Stir the flour, baking powder and salt together and add to the shorting and sugar along with the milk. Beat until smooth.

Put the fruit in the buttered baking dish. Spread batter on top of fruit.

Mix the sugar and cornstarch together and sprinkle over batter. Pour boiling water over mixture.

Bake for about 50 or 60 minutes or until brown and bubbling around edges.

# MACADAMIA NUT PIE\*

BY CHUCK CARROLL

INGREDIENTS

	pastry for 9" single crust pie
2 cups	coarsely chopped raw macadamia nuts
4	eggs
1 cup	light corn syrup
½ cup	white sugar
1 ½ teaspoons	vanilla extract
¼ teaspoon	salt

DIRECTIONS

Preheat oven to 350°F.

In a large bowl, mix together eggs, corn syrup, sugar, vanilla, and salt until well blended. Fold in macadamia nuts. Pour into pie shell.

Bake for 15 minutes in the preheated oven. Reduce oven temperature to 325°F and continue baking until top is brown and filling is set. This will take about 30 more minutes.

Let pie cool before serving.

## Note from Chuck

He created this macadamia pie recipe by substituting macadamia nuts for pecans in the basic pecan pie recipe.

Chuck brought this pie to a meeting and it was an instant hit. Several members made requests for the recipe.

# POT OF GOLD SALAD

BY LEE BATHGATE

INGREDIENTS

## Salad

- 1 fresh pineapple
- 3 or 4 firm, ripe Fuyu persimmons
- 2 small oranges or 4 tangerines
- 3 papayas
- fresh mint leaves for garnish

## Dressing

- 2 Tablespoons lime juice
- 2 Tablespoons dry white wine
- 1 Tablespoon honey.
- 2 Tablespoons chopped fresh mint leaves

DIRECTIONS

## Salad

Peel and core the pineapple. Cut into 1 inch chunks.  
Peel and cut fuyu into 1 inch chunks.  
Peel oranges or tangerines and break into segments.  
Half and seed papayas. Remove flesh and cut into 1 inch chunks. Reserve shells.

Combine fruit cubes and dressing and toss lightly. Cover and chill well.

To serve spoon fruit onto salad greens or into reserved papaya shells and garnish with whole mint leaves.

## Dressing

Combine all ingredients

Serves 6

# REFRIGERATOR GREEN TOMATO PICKLES\*

BY LENA SHIROMA

INGREDIENTS

1 cup	distilled white vinegar
1 ¼ cups	water
2 Tablespoons	coarse sea salt
1 pound	firm all green tomatoes or as many as you can pack firmly into the jars
4	medium garlic cloves, peeled & slightly crushed
2	dried whole red chili peppers
2 Tablespoons	dill seeds
½ teaspoon	whole pepper corns
2	really clean pint size jars & lids

DIRECTIONS

Divide the garlic, dill seeds and peppercorns evenly between the jars.

The tomatoes must be completely green.

Thoroughly wash tomatoes and slice in half or quarters. Cut out all the bad spots. If you are using large tomatoes, cut the stem ends off. I used cherry tomatoes.

Pack them into the jars leaving a ½ to ¾ inch space at the top.

Combine the vinegar, water and salt in a stainless steel pot or any other non-reactive pot. Bring to a boil and stir until all the salt is dissolved.

Pour hot vinegar solution over the tomatoes to within ¼ of the top of the jar. Wipe the jar top and put the lids on and tighten. Let cool to room temperature then refrigerate for 5 days to age before eating. Keep refrigerated. You can keep them refrigerated for several weeks.

# REFRIGERATOR GREEN TOMATO PICKLES

(CONTINUED)



## Lena's story

Cory and I were volunteering at the San Diego Botanic Garden on a Saturday one summer. The sub-tropical fruit garden was being overrun by volunteer tomatoes! While they are a fruit, they aren't quite the specimen plants that the garden was intended for so we pulled out the tomato plants and snacked on the ripe tomatoes. But what to do with all of the unripe ones? They were all roughly cherry tomato size and we didn't want them to go to waste.

On one of our trips to New York City Cory and I bought a green tomato pickle from a street vendor that was amazing!

We found a sour pickle recipe that used these rescued tomatoes from the garden and we brought a jar of green tomato pickles back to the San Diego Botanic Garden the following weekend for the CRFG picnic.

# RICE CAKE

BY BIE-HWA MA

INGREDIENTS

- 3 eggs
  - 4 Tablespoons butter (softened) or vegetable oil
  - 1½ cups packed raw or brown sugar
  - 2½ - 3 cups milk or water (less liquid for a dryer and chewier cake)
  - 1 pound mochi (sweet rice) flour (available in regular or Asian groceries as Mochiko)
  - 1 cup mixed dried berries or other dried fruits, well cooked black or red beans, walnuts, Chinese dates, etc.
- Optional:**
- 1 teaspoon vanilla
  - 1 teaspoon baking powder
  - Some flaked coconut

DIRECTIONS

Preheat oven to 350 °F.  
Grease a 13 x 9 x 2-inch baking pan; sprinkle with flour; set aside.

In a large bowl beat the eggs with an electric mixer on high speed for 4 to 5 minutes until slightly thickened.  
Gradually add butter, sugar, and milk; beat on medium for 4 to 5 more minutes.  
Add flour mixture; beat on low to medium until just combined.  
Add the dried berries and mix until evenly distributed in dough.  
Pour into prepared pan. Sprinkle some berries or coconut flakes on top.  
Bake in the preheated oven for 60 minutes or until top in the middle springs back when touched.

# TOMATO ZUCCHINI FETA BRUSCHETTA\*

BY LINDA VINT

INGREDIENTS

	1	large tomato, seeded & chopped
	1	medium zucchini, finely chopped
	4	green onions, thinly sliced
2 Tablespoons		minced fresh basil
4-6 cloves		garlic, minced
2 Tablespoons		lemon juice
2 Tablespoons		olive oil
¾ teaspoon		salt
¼ teaspoon		pepper
½ cup		crumbled feta cheese
1		loaf unsliced Italian bread or sour dough bread
¼-⅓ cup		butter softened

DIRECTIONS

In a large bowl combine tomato, zucchini, onions, basil and garlic.

In a small bowl whisk lemon juice, oil, salt and pepper. Pour over tomato mixture and toss to coat. Stir in feta cheese.

Cover and refrigerate for at least 1 hour.

Cut bread into 18 slices. Spread butter on both sides.

In large skillet or on griddle, toast bread on both sides until lightly browned.

Cut each slice in half or leave whole for a bigger serving.

Use slotted spoon to top each with tomato zucchini mixture.

*MOSTLY* MADE *WITH* FRUIT

# YUZU

# BAKLAVA FLAVORED WITH YUZU

BY PERUZAN DADBEH

based on a recipe found in In a Persian Kitchen by Maideh Mazda, 1963

INGREDIENTS

## Baklava

2 cups	walnuts
2 cups	slivered almonds (or blanched almonds)
2 cups	sugar
2 sticks	unsalted butter (½ pound)
1 package	frozen phyllo dough thawed.
1 teaspoon	yuzu zest

## Syrup

½ cup	water
½ cup	yuzu juice
2 cups	sugar

DIRECTIONS

Preheat oven to 350 °F

Finely chop walnuts and almonds

Mix walnuts, almonds, sugar, and zest in a bowl. Set aside.

Melt the 4 sticks of butter in a sauce pan or microwave.

Open and lay out thawed phyllo dough carefully.

Brush a 9x12 baking pan with butter

Lay ⅓ of phyllo sheets in tray. (They are usually slightly larger than tray, so you can trim them with a sharp knife)

Brush phyllo with butter, then layer with half of the nut mixture. (Try not to compress as you make the layers.)

(continued.....)

# BAKLAVA FLAVORED WITH YUZU

(CONTINUED)

Lay second third of phyllo, brush with butter and layer with rest of nut mixture.

Top with last third of phyllo. Carefully trim phyllo on edges of pan. Cut in diagonal grid through all layers. This allows butter to permeate layers.

Reheat rest of butter, then pour over top. Tilt pan to cover and work butter into all cuts.

Bake in oven until top is golden (about 40 minutes).

While baking, make simple syrup by dissolving the 2 cups sugar in water and yuzu juice.

When the baklava is a golden brown, take out of the oven and CAREFULLY pour the hot syrup over it.

It will boil semi-vigorously, but all crystalline sugars will dissolve.

(continued.....)

## BAKLAVA FLAVORED WITH YUZU

(CONTINUED)



### Notes from Peruzan

Phyllo dough may stick if not completely thawed.  
Phyllo dries quickly. Cover with a towel to keep from drying out.

Many recipes call for laying one sheet of phyllo at a time, brushing butter on each. It has been my experience that cutting and pouring reheated butter works as well and is far easier. Base recipes call for chopped nuts. A meat grinder can make nuts a little fine, but it is fast and consistent. Food processors work, but make sure not to make peanut butter. The recipe is for a moist baklava, use less of the syrup if one wants a more store-bought dry consistency.

# YUZU PIE

BY DAN KINNARD

FROM [COOKS.COM](http://COOKS.COM) SUBMITTED BY NICK BRUHJELL

INGREDIENTS

## Graham Cracker Pie Crust

6 Tablespoons	melted unsalted butter
1 cup	graham cracker crumbs
½ cup	toasted almonds, chopped
¼ cup	sugar

DIRECTIONS

## Graham Cracker Pie Crust

Preheat oven to 350 °F.

Add the melted butter to the graham cracker crumbs, toasted nuts, and sugar

Stir or blend together. Press into a 9 inch pie plate.

Pre-bake crust for 8 to 10 minutes

Cool crust before adding filling.

(continued.....)

# YUZU PIE

(CONTINUED)

INGREDIENTS

## Yuzu Pie

- 1 14 oz. can sweetened condensed milk
- 3 egg yolks (whites not used)
- ½ cup Yuzu juice

DIRECTIONS

## Yuzu Pie

Preheat oven to 350 °F.

Combine milk, egg yolks and lime juice. Blend until smooth.  
Pour filling into pie shell and bake for 15 minutes.

Allow to stand 10 minutes before refrigerating.  
Just before serving, top with freshly whipped cream.

Dan adapted this recipe from a recipe for key lime pie. He substituted the yuzu for key lime juice

